



Physician Encounter
INITIAL PROBLEM VISIT

Concentra[®]
treated right

Patient Name:
GALLEGOS, GEORGE SR

DOB:
05/13/1966

SSN:
565-51-4222

Patient ID#:
100-613-682

Onset of Illness/Injury:
HURT ARM

Visit Date:
02/21/2014

MEDICAL HISTORY

CHIEF COMPLAINT(S): Pain trying to police altercation pain 10/11
Injured today @ P.S. Am. he reports interaction & police
@ arm twisted behind back & placed in cuffs. Reports
PI. (duration, onset, aggravating & relieving factors, quality, severity, location, radiation, previous episodes, etc.)
pain @ anterior shoulder as arm turned to back. C/o pain to
lateral neck, ant post shoulder, lateral chest wall, entire @
arm. Also numbness @ shoulder & upper arm & wrist, pain &

	Normal	(if abnormal)
General	<input type="checkbox"/>	<input type="checkbox"/> fever <input type="checkbox"/> chills <input type="checkbox"/> night sweats <input type="checkbox"/> tiredness <input type="checkbox"/> weight change <input type="checkbox"/> appetite change
Head/Face	<input type="checkbox"/>	<input type="checkbox"/> sinus pain <input type="checkbox"/> sinus drainage <input type="checkbox"/> headache <input type="checkbox"/> facial pain
Ears	<input type="checkbox"/>	<input type="checkbox"/> earache <input type="checkbox"/> ear discharge <input type="checkbox"/> decreased hearing <input type="checkbox"/> tinnitus
Eyes	<input type="checkbox"/>	<input type="checkbox"/> eye pain <input type="checkbox"/> red eye <input type="checkbox"/> blurred vision <input type="checkbox"/> double vision <input type="checkbox"/> eye discharge
Nasal cavity	<input type="checkbox"/>	<input type="checkbox"/> sore throat <input type="checkbox"/> swallowing difficulty <input type="checkbox"/> toothache <input type="checkbox"/> gum swelling <input type="checkbox"/> hoarseness
Oral cavity	<input type="checkbox"/>	<input type="checkbox"/> rash <input type="checkbox"/> itching <input type="checkbox"/> bites <input type="checkbox"/> sores <input type="checkbox"/> redness
Cardiovascular	<input type="checkbox"/>	<input type="checkbox"/> chest pain <input type="checkbox"/> palpitation <input type="checkbox"/> edema
Respiratory	<input type="checkbox"/>	<input type="checkbox"/> cough <input type="checkbox"/> breathlessness <input type="checkbox"/> wheezing <input type="checkbox"/> sputum <input type="checkbox"/> bloody sputum
Abdomen	<input type="checkbox"/>	<input type="checkbox"/> pain <input type="checkbox"/> nausea <input type="checkbox"/> vomiting <input type="checkbox"/> bloody vomiting <input type="checkbox"/> diarrhea <input type="checkbox"/> bloody or dark stools
Muscles/Joints	<input type="checkbox"/>	<input type="checkbox"/> joint pain <input type="checkbox"/> joint swelling <input type="checkbox"/> redness <input type="checkbox"/> limited movement
Neuro	<input type="checkbox"/>	<input type="checkbox"/> headache <input type="checkbox"/> weakness <input type="checkbox"/> numbness <input type="checkbox"/> tingling <input type="checkbox"/> poor balance or coordination
Genitourinary	<input type="checkbox"/>	<input type="checkbox"/> frequency <input type="checkbox"/> urgency <input type="checkbox"/> burning <input type="checkbox"/> bloody urine <input type="checkbox"/> discharge <input type="checkbox"/> irregular periods
Psych	<input type="checkbox"/>	<input type="checkbox"/> mood <input type="checkbox"/> interest <input type="checkbox"/> concentration <input type="checkbox"/> sleep problems <input type="checkbox"/> suicidal ideation <input type="checkbox"/> anxiety

plain (if abnormal) Neck motion @ rotation → radiation to scapular 5/30
Region @

Occupation: disabled 2nd TBI

Alcohol: none

Medical: ☐ none ☐ significant Reports @ Re pain for 2 wks prior to today

Surgical: ☐ none ☐ significant history of trauma prior to today

Family History: ☐ none ☐ significant

Medications: ☐ none ☐ OTC Prilosec / Valium 10mg for sleep

Smoking: ☐ none ☐ smoking cig/day yr ☐ snuff ☐ exercise - 30 min 5+ days

Alcohol: ☐ none ☐ alcohol drinks/day ☐ others ☐ diet - 5+ fruit/veg per day

Vaccinations: ☐ none ☐ not UTD

Provider Name (Please Print): Demoff

Provider Signature: Demoff

02/21/2014
Visit Date:

Patient Name:

SALLEGOS, GEORGE SR

DOB:

05/13/1966

Temp: 98.4 °C Pulse: 81 /min BP: 104/113 mm Hg Resp: 18 /min BMI: 28.5
 Ht: 5'8" in Wt: 135 lbs O2 sat: 98 % Vision: R 100 L 100 LMP: 12/13/13 WC: 100 NC: 100
 Time of Vitals: 10:00 RN/MA Initial: SR

Physical Examination

Appearance	<input type="checkbox"/> Normal	<input type="checkbox"/> Abnormal	<u>mod distress 2nd pain</u>
HEENT	<input type="checkbox"/> no acute distress <input type="checkbox"/> alert & oriented x 3 <input type="checkbox"/> atraumatic, normocephalic <input type="checkbox"/> external auditory canal & TM's <input type="checkbox"/> nose & paranasal sinuses <input type="checkbox"/> lips, teeth & gums <input type="checkbox"/> tonsils & pharynx <input type="checkbox"/> eye lids & conjunctivae <input type="checkbox"/> pupils (perril), eoml <input type="checkbox"/> fundoscopic	<input type="checkbox"/> <u>mod distress 2nd pain</u> <input type="checkbox"/> <u>echymosis medial elbow no swelling</u> <input type="checkbox"/> <u>no erythema throughout skin intact</u> <input type="checkbox"/> <u>exaggerated response to palpation</u> <input type="checkbox"/> <u>tender to palpation @ paraspinal cervical</u> <input type="checkbox"/> <u>trapezius, diffusely to shoulder upper</u> <input type="checkbox"/> <u>arm wrist elbow hand forearm</u> <input type="checkbox"/> <u>hand grip @ 2 pain</u> <input type="checkbox"/> <u>sensation intact - reports sensation of</u> <input type="checkbox"/> <u>bones stuck with needles to soft touch</u> <input type="checkbox"/> <u>elbow flexion @ 120° 2 pain</u> <input type="checkbox"/> <u>elbow extension @ minus 15° 2 pain</u> <input type="checkbox"/> <u>pain axial compression neck</u> <input type="checkbox"/> <u>been rot @ d extension 2 pain</u> <input type="checkbox"/> <u>been shoulder all planes 2 pain</u> <input type="checkbox"/> <u>permet to spirit tests</u>	
Neck	<input type="checkbox"/> supple <input type="checkbox"/> lymph nodes <input type="checkbox"/> thyroid		
Cardiovascular	<input type="checkbox"/> regular rate & rhythm <input type="checkbox"/> carotids & abdominal aorta <input type="checkbox"/> peripheral pulses		
Respiratory	<input type="checkbox"/> symmetric chest movements <input type="checkbox"/> clear to auscultation bilaterally		
Abdomen	<input type="checkbox"/> soft, non tender, + bowel sounds <input type="checkbox"/> no organomegaly <input type="checkbox"/> costovertebral angle <input type="checkbox"/> rectal (if indicated)		
Genitalia	<input type="checkbox"/> hernia <input type="checkbox"/> male <input type="checkbox"/> female (external) <input type="checkbox"/> pelvic		
Neurological	<input type="checkbox"/> cranial nerves (II - XII) <input type="checkbox"/> strength <input type="checkbox"/> sensation <input type="checkbox"/> reflexes <input type="checkbox"/> gait		
Musculoskeletal	<input type="checkbox"/> spine <input type="checkbox"/> bones & joints <input type="checkbox"/> FROM <input type="checkbox"/> no CC or E		
Extremities	<input type="checkbox"/> chest wall <input type="checkbox"/> breast & axillae		
Breast	<input type="checkbox"/> intact <input type="checkbox"/> no rash or lesions		
Skin	<input type="checkbox"/> affect & thought process		
Psych			

Office Lab / Radiology / Tests

X-ray Shoulder Elbow Forearm
 Type Anteroposterior Anteroposterior Anteroposterior
 Type Anteroposterior Anteroposterior Anteroposterior
 Type Anteroposterior Anteroposterior Anteroposterior

<input type="checkbox"/> Lab	Result	<input type="checkbox"/> Blood Sugar	Result
<input type="checkbox"/> Rapid Strep		<input type="checkbox"/> Gualac	
<input type="checkbox"/> HCG		<input type="checkbox"/> Rapid HIV	
<input type="checkbox"/> Influenza A&B		<input type="checkbox"/> Other	
<input type="checkbox"/> Mono			
<input type="checkbox"/> UA			

Test	Interpretation
<input type="checkbox"/> Audio	
<input type="checkbox"/> EKG	
<input type="checkbox"/> PFT	
<input type="checkbox"/> Peak Flo	
	Repeat #2 _____ Repeat #3 _____

Provider Name (Please Print):

Provider Signature:

02/21/2014

Visit Date:

Patient Discharge Instructions

Concentra
treated right

Patient:

GALLEGOS, GEORGE SR

MRN #:

100-513-682

Date:

02/21/2014

INSTRUCTION SHEET(S) TO BE PROVIDED:

<input type="checkbox"/> Angina	<input type="checkbox"/> Conjunctivitis	<input type="checkbox"/> Head Injury	<input type="checkbox"/> Pharyngitis
<input type="checkbox"/> Animal bites	<input type="checkbox"/> Contact Dermatitis	<input type="checkbox"/> Herpes Zoster	<input type="checkbox"/> Pneumonia
<input type="checkbox"/> Asthma	<input type="checkbox"/> Dehydration	<input type="checkbox"/> Hemorrhoids	<input type="checkbox"/> Poison Ivy
<input type="checkbox"/> Back Pain/Muscle Strain	<input type="checkbox"/> Diarrhea	<input type="checkbox"/> Hives	<input type="checkbox"/> R.I.C.E. Treatment
<input type="checkbox"/> Bronchitis	<input type="checkbox"/> Foreign Body in Eye	<input type="checkbox"/> Influenza	<input type="checkbox"/> Sinusitis
<input type="checkbox"/> Burns	<input type="checkbox"/> Fracture(s)	<input type="checkbox"/> Mononucleosis, infectious	<input checked="" type="checkbox"/> Sprain/Strain
<input type="checkbox"/> Bursitis	<input type="checkbox"/> Gastroenteritis	<input type="checkbox"/> Osteoarthritis	<input type="checkbox"/> Strep Throat
<input type="checkbox"/> Cellulitis	<input type="checkbox"/> GERD	<input type="checkbox"/> Otitis Media	<input type="checkbox"/> U. T. I.
<input type="checkbox"/> Common cold	<input type="checkbox"/> Gout	<input type="checkbox"/> Otitis Externa	<input type="checkbox"/> Other _____

WOUND CARE INSTRUCTIONS:

Good wound care will help prevent infection and promote healing. Elevation of the injured area should help to decrease pain and swelling. Please follow the checked instructions regarding wound care:

- | | |
|--|--|
| <input type="checkbox"/> Keep wound clean and dry | <input type="checkbox"/> Apply ointment _____ times a day. |
| <input type="checkbox"/> No ointment necessary | <input type="checkbox"/> Keep dressing in place. |
| <input type="checkbox"/> Change dressing _____ times per day. | <input type="checkbox"/> Keep wound open to air. |
| <input type="checkbox"/> Soak in warm water _____ times per day. | <input type="checkbox"/> Return in _____ days for wound check and/or suture removal. |

Particularly pay attention to the following signs of infection: Increased pain, redness, swelling, red streaks, purulent drainage, foul odor or fever. Be careful not to impair circulation when redressing wounds (do not bandage too tightly)!

FOLLOW UP INSTRUCTIONS:

- | | |
|--|--|
| <input type="checkbox"/> Return to the clinic if problem(s) or condition(s) worsen | <input type="checkbox"/> Return to clinic if you are no better in _____ days |
| <input type="checkbox"/> Return to clinic in _____ days or sooner if condition worsens. | <input type="checkbox"/> Take medications exactly as directed |
| <input type="checkbox"/> Please contact Dr. _____ office for follow up visit, to be seen in _____ days | <input type="checkbox"/> Please contact the clinic if you have any questions and/or concerns |

ADDITIONAL DISCHARGE INSTRUCTIONS (INCLUDING WORK/ACTIVITY RESTRICTIONS):

- Ibuprofen 800mg - 3x daily, Tylenol 1 tab 3x daily as needed
- Ice x 48h then soak in warm water & Epsom salts as discussed
Follow up with private MD and Physical therapy.

EXAMINED BY:



Provider Signature

Patient Signature